

Reasonable Adjustments Autism



1. No presumptions, everyone is different

Find out about how a person's autism affects them. A few questions about what a person prefers can stop any problems later.

2. Ways of communication

Communicate in ways the person knows best. Verbal conversation may be best as body language may be difficult to read.

3. Routines/structures the same

Use structures rather than open ended arrangements to avoid uncertainty. If someone has some rigid routines they follow, try to work with these.

4. Noise

Try to minimise any unnecessary noise, such as equipment which may make a noise.

5. Enough time

Give time for people to process the information given to them.

6. Ways to escape

Always ensure the person knows they can leave if they are getting stressed and where they can escape to. For example, a quieter less busy area.

7. Sensory environment

Make sure the environment is not disruptive, avoiding sensory overload.

8. Clear unambiguous language used

Clear precise language used with no confusing terminology (literal meanings).

9. Coping strategies

Some people may have coping strategies that they use in stressful situations – Please find out what these may be.

10. Same people

A consistent approach is always best, seeing the same professional, going to the same place etc.